

How should I wash my hands?

Hand washing saves lives!

Follow these simple steps to protect you and your loved ones from COVID-19!



STEP 1:
Wet your hands
with **water**.



STEP 2: Apply
enough **soap** to cover
your hands fully.



STEP 3: Rub your
hands together, both
the **front and back**.



STEP 4: Scrub your
hands for at least
20 seconds!



STEP 5:
Rinse your hands
with **clean water**.



STEP 6:
Dry your hands.

Please remember to wash your hands for **20-30 seconds** with soap and water.